

Always Active News

January 2004



HAPPY NEW YEAR!

January 2004

A Peek Inside

AFE Michael Lee Jackson Band

Club Rumors & Sunset Lounge
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LIVE At Club Rumors

Prominence, Flinch & Eve's Fault
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SUPERBOWL PARTY

Club Rumors, Monday, 02 Feb 04
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1st Annual COMNAVMAR

Cardboard Boat Regatta

February 21, 2004
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MWR X-Sports Paintball Field

NOW OPEN!

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CNM Teen Center NOW OPEN!

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COVER PHOTO:

Almost a New Year Baby! Little Scottie Terry was born December 26th...5 days shy of January 1st! Photo taken by Scottie's parents, Rodney and Janet Terry.

SUBMIT YOUR PHOTO TODAY!



U.S. NAVAL FORCES MARIANAS

RDML(Sel) Arthur J. Johnson	Commander, U.S. Naval Forces Marianas
Captain Robert A. McNaught	Commanding Officer, U.S. Naval Forces Marianas Support Activity
CDR Jeffrey M. Beaty	Executive Officer, U.S. Naval Forces Marianas Support Activity
Dave Matthews	Acting QOL Program Manager
Ed Echols	Regional MWR Director
George Stewart	Manager, Community Services RTSG

The Always Active News is a monthly publication by the Morale, Welfare and Recreation Department of Commander, U.S. Naval Forces Marianas. If you have any questions regarding any information in this publication, please call the MWR Marketing/Publicity Office at 564-2261 or visit us at Bldg. 1A. Your comments and suggestions are welcome. The Department of Defense and the Department of the Navy do not endorse any product or firm associated with any event mentioned in this publication.

MEET YOUR MWR STAFF



Justin Stark
Supervisor, Charles King Gym

Whether you are a "recreational" exerciser or a serious fitness buff wanting to excel, you'll find all you need to help you reach your goals at the CNM Charles King Gym. "Our goal is for people to come to our facility and really explore what we have to offer," stated Justin Stark, CKG Supervisor. Justin, who attended Castleton State College for Exercise Science and Sports Nutrition, is a Certified Personal Trainer and Strength and Conditioning Specialist with over 10 years of practical fitness experience. He is happy to answer questions anyone may have regarding nutrition, exercise programs and so forth. "CKG has a strong aerobics program and offers a variety of classes including several in peak times such as Turbo Kick with Natalie at 12 noon Monday, Wednesday & Friday. We have recently renovated three locker rooms and have a wide choice of new equipment. The gym is a fun place with friendly, customer-oriented staff," stated Stark. "We want you to enjoy yourself while striving to change from an unhealthy to healthy lifestyle."



Armed Forces Entertainment Presents



The MICHAEL LEE JACKSON Band



Featuring Jerry Augustyniak of 10,000 Maniacs and former members of Animal Planet

"Devastatingly fun rock and roll" - Some Guy

"Jackson offered some ratty Strat-fueled guitar solos, many of which brought to mind Jeff Beck, Ritchie Blackmore, and Stevie Ray Vaughan...as good as it gets."

- Buffalo News June 13, 2003

CATCH THEM "LIVE" AT

Club Rumors, January 8, 2004 from 1900-2100

Sunset Lounge, Top o' the Mar, January 9, 2004 from 1900-2100

For more information call 564-1847

Live at Club Rumors



THURSDAY Prominence



FRIDAY Flinch



SATURDAY Eve's Fault in January 1900-2200

T: 564-1833/4



Authorized Patrons Only

Lunch Monday - Friday

1100 - 1330

Ala Carte & Two Homestyle Daily Lunch Specials!

Family Night

Dinner Buffet & Free Movies

Every Friday from 1700-2200

\$7.95 Adults, \$3.95 Child 5-11, 4 & Under Free

Family of 4 eats for under \$25!!!

Evening Ala Carte

1700-2100 Daily

CPO Bar

Friday Social Hour w/ Complimentary Pupus

1700-1900



80's Rock Night Mondays

1600-2200

Tournament Tuesdays

Challenge your friends to a game of pool!

Variety of tournaments

Also enjoy Dollar Quesadillas!

Wednesday Theme Nights

w/ Prizes & Giveaways! Come dressed for the theme night & ready for loads of fun!

Jan 7 - Hat Night

Jan 14 - Toga Night

Jan 21 - Aloha Night

Jan 28 - Pajama Night

Sunday Fun Night

Challenge your friends to a board game while enjoying a bite to eat and cold beverage.

DINING SIDE

CLUB
RUMORS
SIDE



SUPERBOWL PARTY

Monday, February 2, 2004

0600-1500

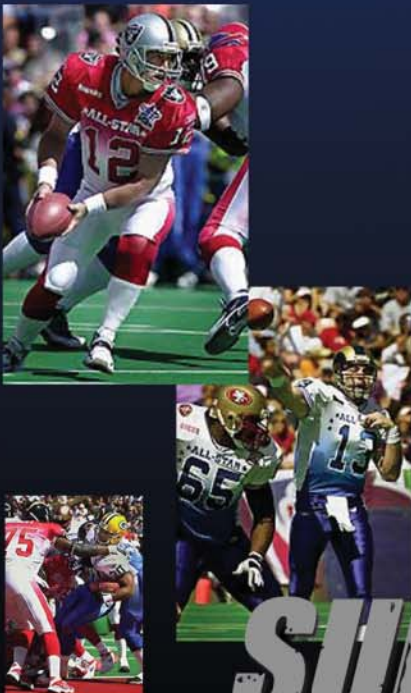
Coors LIGHT
SUPERBOWL
XXXVIII
PARTY
AT
CLUB
RUMORS.



YOU Could WIN a
TRIP FOR TWO TO THE PRO BOWL
ALOHA STADIUM, HONOLULU, HAWAII!



- * Watch all the exciting action of Super Bowl XXXVIII on a large screen!
- * Meet the Silver Sirens
- * Ala Carte Breakfast & Lunch Menu Available
- * FANTASTIC Door Prizes
- * Grand Prize - a trip for two to the PRO BOWL in Spectacular Hawaii (Must be present to win). The best players in the AFC face their NFC counterparts in exciting football play action!
- * Free Soda for DESIGNATED DRIVERS
- * After game party with LIVE BAND
- * BEVERAGE SPECIALS



SUPERBOWL ACTION!



FMI Call 472-4606/07
Authorized Patrons Only

Mongolian Barbecue

An island favorite three days a week!
Tuesday, Thursday & Friday 1700-2100

In observance of New Year's Day, January 1st,
Mongolian Barbecue will not be held. Happy New Year
from our family to yours!

Mongolian Friday Special "Guess the Weight"

Guess the exact number of ounces your dinner
weighs and receive your Mongolian BBQ Free!!

Sunday Brunch

Every Sunday 1030-1300

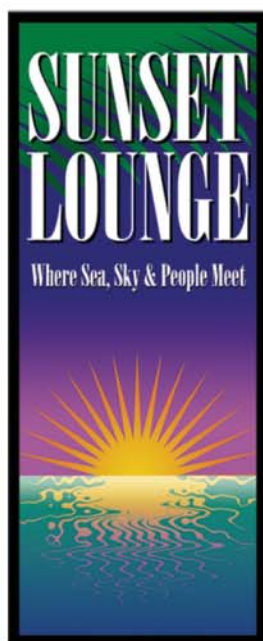
\$15.95 Adults, \$7.95 Child 5-11 and 4 & Under Free

Friday TGIF Lunch Buffet

\$7.95 per person 1100-1300

Friday Wine Tasting

Treat your palate to a complimentary sampling of
wines with a selection of cheese 1700-2200



Tuesday - Sunday 1700-2200

Daily Social Hour 1700-1900

Sunday Karaoke 1800-2200

*Unwind in an elegant setting with
the Island's best entertainment
1800-2100*

Tuesday Donovan Brooks

Wednesday Manny Silva

Thursday Sound Advice

Friday Eve's Fault

Saturday Sound Advice

Sunday Karaoke Night



\$ILVER Dollar

Bar & Grill

We offer a delicious lunch menu that includes soup and salad, chicken baskets and wing zings, and an assortment of burgers and sandwiches.



Try our Two Daily Lunch Specials!

Hours of Operation

Monday - Friday

Lunch & Computer Room

1100-1300

FMI call 339-5128 or 564-1833/34



POINT CLUB

Polaris Point

Relax after a hard day's work in the air conditioned comfort of the Point Club, or enjoy the cool sea breezes on the deck overlooking the ocean!

NEW! Hours of Operation

Thursday & Friday

1600-2100

Social Hour

1700-1900

Featuring "Live" Entertainment

Thursday Manny Silva from 1700-2100

Friday Donovan Brooks from 1700-2100



Available for catering events
Call Alex at 472-4606/7



AUTHORIZED PATRONS ONLY
FMI 344-5939

4-MAN SCRAMBLE

January 30, 2004

—1100 Show, 1200 Go

\$25.00 Entry Fee (Includes golf, cart & lunch)

Deadline To Register - January 29, 2004

Minimum Team Handicap of 60



FREE GOLF CLINICS (Call to register)

Thursdays Spouses 0900-1000

Saturdays & Sundays 0900-1000



BINGO

Authorized Patrons Only

Admiral Nimitz Golf Course
Radio Barrigada, Bldg 59

- * Bingo Games Seven Days A Week
Games begin at 1900 *
- * Two venues for your comfort,
the air conditioned Bingo Hall or
open air Bingo Plaza *
- * Food & Beverage *
- * Friendly & Courteous Staff *

NEW!

WEEKEND Matinee Bingo

Every Saturday & Sunday

Doors open at 1100

Games begin at 1300

(We will still hold weekend
evening games.)

BINGO BONANZA

January 18, 2004

Games begin at 1900

TOTAL GUARANTEE PAYOUTS
\$15,500.00

Play for your chance to WIN!

Happy New Year!

SUMAY COVE MARINA

CNM 564-1846



BOAT RENTALS - PRICE LISTING

- American 18 Skipper.....\$ 12-hr, \$ 40 day
- American 14 Skipper.....\$ 8-hr, \$ 30 day
- Boston Whaler 19' (M/B Lic).....\$ 40 Half day (gas not included)
 - 0800 to 1200 or 1200 to 1600
- Boston Whaler 19' (M/B Lic).....\$ 75 full day (gas not included)
 - 0800 to 1600
- Paddle Boats (2 seat).....\$ 3-hr, \$ 20 day
- Paddle Boats (4 seat).....\$ 4-hr, \$ 24 day

- * Please make reservations with Sumay Cove Marina
- * Reservations need to be made 24 hours in advance.
- * Boston Whaler rentals are offered on a 1/2 day or full day basis. Schedule of rentals can be made 90 days in advance.

ASK ABOUT OUR FREQUENT BOATER CARD!

Motor Boat & Harbor Familiarization Class is held at the Sumay Cove Marina at a Fee of \$10.00 per person. Call for more info.

Kayak Rentals Now Available at Sumay Cove Marina

Single: \$1.50 per hour / \$13 per day
 Double: \$2.50 per hour / \$16 per day
 Wednesday - Sunday & Holidays
 0800-1700

For More Information, Call 564-1846 or 688-0508

1ST ANNUAL COMNAVMA CARDBOARD BOAT REGATTA

- * **FEBRUARY 21, 2004 beginning at 1330**
- * Command Teams and Individual Entries **START BUILDING YOUR BOATS NOW!!!**
- * The regatta will include a pre-race parade and judging of all entries to determine various awards as well as prizes for the top three finishers in each category.
 - 1st - 3rd Place Single Pilot Race
 - 1st - 3rd Multi Crew Race
 - Judges Design Choice (Single Pilot & Multi Crew)
 - Best Boat, Best Crew, Most Titanic like Sinking
- * Regatta Entry Registrations will be taken at the MWR Outdoor Recreation office beginning on February 1st for both single piloted and multi crew entries.
- * Deadline for entries will be COB February 20, 2004.
- * Pick up a copy of the rules at the Sumay Cove Marina or the Outdoor Recreation office. Call 564-1826 for an electronic copy.
- * For more information please call 564-1826



MWR Calendar

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p>ANGC Free Golf Clinic Every Sunday</p> <p>CNM Big Screen Triple Feature Every Sunday</p>	<p>CNM Youth Center Hula Classes Every Monday</p>		
<p>Outdoor Rec PIC Water Park Day. 4</p> <p>LIBERTY Trip to Drag Raceway Park & IRUKA Dolphin Watching & Snorkeling</p>	5	<p>Admiral's Cup Basketball Team Rosters due in by COB 6</p>	<p>Trip Around T Outdoor Rec.</p> <p>LIBERTY Trip Village</p>
<p>Boonie Stomp to Fonte Dam in Nimitz 11</p> <p>LIBERTY Shopping Day</p>	<p>FREE Instruction Class 12 " How to do a small tune-up" at CNM Auto Hobby Shop</p> <p>Admiral's Cup Racquetball sign ups begin</p>	13	<p>Kayak at Jeff' Cove</p> <p>LIBERTY Dir</p>
<p>Kayak trip from Agana Boat Basin to Hospital Pt. Cliffline 18</p> <p>LIBERTY MWR X-Sports Paintball Day & Drag Raceway Park</p> <p>MWR Bingo Bonanza</p>	19	<p>Child Development Home Program Provider Orientation 20 at 0900</p> <p>Library Essay Contest begins today at NCTS Library & tomorrow, 21 Jan at CNM Library</p>	<p>Boonie Stomp Sigua Falls</p> <p>LIBERTY Trip Village</p> <p>Child Development Program Provider orientation continues</p>
<p>Outdoor Rec Alupang Beach Club Trip 25</p> <p>LIBERTY Trip Around the Island & Shopping Day</p>	26	27	<p>Boonie Stomp Reef Beach &</p> <p>LIBERTY Dir</p>

Calendar of Events

Wednesday	Thursday	Friday	Saturday
	HAVE A SAFE & HAPPY NEW YEAR! MWR Sports New Year's Day 5K Run	Friday 6 Hour Group Night Out w/ LIBERTY BWFC 2.1 Mile Fitness Run	Outdoor Rec Tour Namu Falls & Botanical Garden Saturday 6 Hour Night Out w/ LIBERTY & Seawalker Tour
Island w/ 7 Trip to Chamorro	LIBERTY Ping Pong Tourney & Potluck BBQ at NH AFE Michael Lee Jackson Band LIVE at Club Rumors	LIBERTY GPO Movie and Shopping Night Out AFE Michael Lee Jackson Band at Sunset Lounge CNM Teen Center Meeting CKG Monthly 5K Run	Outdoor Rec 2H Tour w/ Jungle Riverboat Cruise LIBERTY Trip to Tarza Waterpark
Pirate's 14 Dinner Night Out	LIBERTY Trip to Top o' the Mar's Mongolian BBQ & Free Movie at Big Screen Theater Child Development Program Parent Advisory Meeting	LIBERTY 6 Hour Night Out NCTS Sports Center Monthly 5K Bike/Run	Outdoor Rec Gef Pago Tour LIBERTY Trip w/ Island Girl Fishing Charter & Saturday 6 Hour Night Out.
to Lower 21 Trip to Chamorro Home Program Provider Orientation at 0900	LIBERTY Trip to Top o' the Mar's Mongolian BBQ & Free Movie at Big Screen Theater Child Development Home Program Provider Orientation continues at 0900	LIBERTY Micronesia Mall Movie & Shopping Trip Child Development Home Program Provider Orientation ends today	Kayak trip from Merizo Pier to Cocos Island and back LIBERTY Trip to Onward Water Park Admiral's Cup Swim Meet
to Double 28 Tweed's Cave Dinner Night Out	LIBERTY Trip to Top o' the Mar's Mongolian BBQ & Free Movie at Big Screen Theater	LIBERTY 6 Hour Night Out Admiral Nimitz Golf Course 4-Man Scramble Admiral's Cup Racquetball sign ups deadline	Outdoor Rec IRUKA Dolphin Watching & Snorkel Tour LIBERTY Saturday 6 Hour Night Out & Trip w/ Island Girl Fishing Charter MWR Sports Annual Punt, Pass & Kick

MWR FACILITIES

Hours of Operation

COMNAVMAR

MWR OFFICE 564-1850/1/2

Ed Echols MWR Regional Director
ADMINISTRATION OFFICE 564-1847
 George Stewart Manager, Community Services, RTSG
 Mike Doran Asst. Manager, Community Services
 Mon-Fri 0730-1630
 Sat, Sun & Holidays Closed

MWR DIRECTOR'S FEEDBACK LINE 339-1022

Division Heads:
 Maureen Scheuermann Executive Director (CDP)
 Steve Dormer Director of Operations
 Clifford Guzman Director of Technical Operations & PR
 Prudence Denight Marketing Manager
 Frank Esteves Recreation Supervisor
 Mae Lizama Youth Activities Supervisor

AUTO HOBBY SHOP 564-1827

Jerome Aguigui Technician
 Tue, Wed & Holidays Closed
 Mon, Thu & Fri 1200-2200
 Sat & Sun 0900-1700

BEEHIVE @ CAMP COVINGTON 339-6001

Willie Miranda Manager
 Sun - Thu Closed
 Fri 1700-2300
 Sat 1700-2400

BINGO PROGRAM 344-5511/15

Christine Guzman Recreation Specialist Lead

CHARLES KING GYM 564-1824/5

Justin Stark Supervisor
 Mon-Fri 0500-2100
 Sat 0900-2100
 Sun 0900-1900

CNM CHILD DEVELOPMENT CENTER 564-1844/5 CHILD CARE RESOURCE & REFERRAL 564-1755

Maureen Scheuermann Executive Director
 Mon-Fri 0600-1730
 Sat, Sun & Holidays Closed

CHILD DEVELOPMENT HOMES 564-2262

Patricia Friday CDH Coordinator
 Mon-Fri 0730-1630
 Sat, Sun & Holidays Closed

CLIPPER LANDING 564-2263

Jamie Sternadel Manager
 CLOSED FOR RENOVATIONS

CNM YOUTH CENTER BLDG. 1983-A 564-1839

Mae Lizama Supervisor 564-1860
 Therese Meno Recreation Specialist
 Mon-Fri 0600-1800
 Sat Special events only.
 Sun & Holidays Closed

CNM YOUTH SPORTS 564-1838

Michelle Taitague Youth Sports Coordinator
 Tue-Fri 0800-1700

CLUB RUMORS 564-1833/4/5

Fax 564-3187
 Willie Miranda Manager
Catering 688-5695/472-4606/7
 Alex Gagaring Catering Manager

Hours

Lunch (Mon-Fri) 1100-1330
 Mon-Thu 1600-2200
 Fri 1600-2400
 Sat 1600-2400
 Sun 1100-2200
 CPO Lounge Fridays Only 1500-2200

Holidays

Bar 1700-2200
 Ala Carte 1700-2100

Click Here (Club Rumors CNM)

Mon & Wed 0900-1500
 Sun 0900-1600
 Sat 1500-2100
 Tue, Thu & Fri 1200-2100
 Holidays Closed

LIBRARY

Frances Quinata Librarian
 Wed 1400-1900
 Thu-Sun 1100-1900
 Mon, Tue CLOSED

SWIMMING POOL 564-1822

Boleslaw Rolinski Supervisor
Lap Swim
 Monday - Friday 0530-0830

Recreational Swim

Tue - Sun & Holidays 1000-1800
 Monday Closed

MARKETING/PUBLICITY OFFICE 564-2261

Prudence Denight Manager
 CrenaMarie Byerly Sponsorship Coordinator
 Mon-Fri 0730-1630
 Sat, Sun & Holidays Closed

OROTE POINT LANES FMI 564-2261

CLOSED FOR RENOVATIONS

THE POINT CLUB 472-4606

Frances Abian Manager
 Special Holiday Hours
 Tue - Fri 1600-2100
 Social Hour 1700-1900

REC 'N CREW OFFICE 564-1826/687-4725

Outdoor Recreation/L.I.B.E.R.T.Y. Program
 Therese Muna Supervisor
 Mon-Sun 0800-1700
 Holidays 0800-1700

SILVER DOLLAR (NavMag) 339-5128/564-1834

Willie Miranda Manager
 Mon-Fri Lunch & Computer Room 1100-1300
 Sat, Sun & Hol Closed

SUMAY COVE MARINA 564-1846

Jamie Sternadel Manager
 Wed - Sun & Holidays 0800-1700

TEEN LIVING CENTER 564-1755

Mae Lizama Supervisor
 Mon - Thu 1500-1800
 Friday 1500-2000
 Saturday 1300-2000
 Sunday Closed

THE BIG SCREEN 564-1830

MOVIE HOTLINE 564-1831
 Manny Almonte Manager
 Mon-Wed CLOSED
 Thu (FREE MOVIE) 1900-2130
 Friday Dbl Feature 1900-2400
 Sat & Sun
 Double Matinee 1300
 Single Feature 1900

BOLLER VET CLINIC 564-3225

Visit Our Website:

www.navyvetguam.com for quarantine information, appointment scheduling, price information and hours of operation.

TOP O' THE MAR 472-4606/7

Fax 472-4605
 Frances Abian Manager
 Holidays Open on certain holidays
 (Call For More Information)

Catering Manager

Alex Gagaring 688-5695/472-4606/7
Sunset Lounge
 Tue - Sun 1700-2200
 Daily Social Hour 1700-1900
 Sun Hosted Karaoke 1800-2200

NCTS

ADMIRAL NIMITZ GOLF COURSE 344-5838/39

Richard Paulino Manager

Pro Shop

Mon-Sun 0600-1800

Snack Bar

Mon-Sun 0600-1900
 Holidays Open except Christmas Day

AUTO HOBBY SHOP 355-5527

Joselito Subido Technician
 Mon - Fri & Holidays Closed
 Sat & Sun 0900-1700

HOME PLATE

FMI 564-2261

CLOSED

LIBRARY

355-5921

Felicitissima McCandless Librarian
 Tue 1400-1900
 Wed-Sat 1100-1900
 Sun & Mon Closed

LIGHTNING LANES 355-5273

Richard Paulino Manager
 Mon - Fri 1100-1300 (Lunch Only)
 After Hours phone number 472-4606/7 (Mon-Fri) to book bowling groups.

OUTDOOR REC & GEAR ISSUE 355-5623/5534 (Moved to NCTS Sports Center)

Felix Esteves Supervisor
 Mon - Fri 1100-1800
 Sat, Sun & Holidays 1200-1800

SOUTH-FIN YOUTH CENTER 637-2730/1

Mae Lizama Supervisor 564-1860
 Helen Flores Recreation Specialist
 Mon-Fri 0600-1730

SPORTS CENTER 355-5623/5534

Felix Esteves Supervisor
 Mon, Wed & Fri 0500-1800
 Tue & Thu 1100-1800
 Sat & Sun 1200-1800

SWIMMING POOL 355-5091/2/564-1822

Boleslaw Rolinski Supervisor

Lap swim

Mon - Fri 0600-0800

Recreational Swim

Weekends 1100-1730

NAVAL HOSPITAL

BODYWORKS FITNESS CENTER FMI 344-9226

Araceli Diras Supervisor
 Mon-Fri 0500-2100
 Sat & Sun 0900-1700

CHILD DEVELOPMENT CENTER 472-2312

Lita Gonzales Director
 Mon-Fri 0630-1730
 Sat, Sun & Holidays Closed

SWIMMING POOL FMI 344-9009/564-1822

Boleslaw Rolinski Supervisor

Lap Swim

Mon - Fri 0530-0730

CHILD DEVELOPMENT PROGRAM



CNM Child Development Center 564-1844/45
NH Child Development Center 472-2312
Child Development Homes 564-2262



WHAT'S HAPPENING THIS MONTH IN THE CDP?

Child Development Home Program PROVIDER ORIENTATION

- CNM CDC January 20-23, 2004 at 0900
- Free childcare offered on a space available basis.
- Open to military spouses residing in government quarters who are interested in providing Home Child Care Services.
- For more information call 564-1844/45

PARENT ADVISORY MEETING

- January 15, 2004 at 1200
- Carmen's Restaurant (Agana)
- Open to parents of children in all CDP programs CDC, CDH, preschool, school age & youth programs.
- For more information please call 564-1844/45.

CHILDCARE OPENINGS

CNM & NH CDC now has openings for 3-5 year old preschoolers!
Stop by the Central Enrollment Office at CNM CDC to register.
Also open to contractors!



LIBRARIES

CNM 564-1836
NCTS 355-5921

"Why is the Library Important to You?"

Answer this question in an essay format for your chance to win cool prizes!

- * Contest begins 20 Jan 04 at NCTS and 21 Jan 04 at CNM
- * Open to all authorized patrons
- * Entry forms must be picked up & submitted at either library.
- * Entries are due in by 1700, 3 Feb 04 at NCTS and 4 Feb 04 at CNM
- * Judging will take place at the CNM Library on 6 Feb 04.
- * Essay with the BEST format and language texture WINS! One Winner overall!
- * For more information please call 564-1836 or 355-5921

GOOD LUCK TO ALL PARTICIPANTS AND A HAPPY NEW YEAR!

Outdoor Recreation



NEW! TOURS FOR EVERYONE!

- 03 Jan - Namu Falls & Botanical Garden.** 1000-1230.
\$5.00 per person. Call for more information.
- 04 Jan - PIC Water Park Day.** 1000-1700.
\$30.00 Adult (12 yrs & up), \$25.00 Child (4-11 yrs)
Includes buffet style lunch & use of waterpark.
- 10 Jan - 2 HR Tour w/ Jungle River Boat Cruise.**
\$10.00 Adult, \$5.00 Child. Call for more info.
- 17 Jan - Gef Pago' Tour.** 0900-1200.
\$7.00 Adult (13 yrs & up), \$3.00 Child (6-12 yrs)
Call for more information.
- 25 Jan - Alupang Beach Club Trip.** 1000-1500.
- 31 Jan - IRLUKA Dolphin Watching & Snorkel Tour.**
\$35.00 Adult (12 yrs & up), \$20.00 Child (3-11 yrs)

Spaces are limited for all above scheduled trips. Please call for reservations.

DISCOUNTED TICKETS AVAILABLE AT REC 'N CREW & NCTS OUTDOOR REC

1. GameWorks 100 credit game card \$15.00
2. Tarza Water Park (Includes Lunch)
\$20.00/Adult (12 yrs & up)
\$10.00/Child (5-11 yrs)

CHECK OUT OUR OUTDOOR GEAR RENTAL

Need camping gear, coolers, canopies,
tables, chairs or bikes?

Check us out...we'll hook you up!

Also Introducing Our

INFLATABLE JUMPERS

For Rent at \$35.00 Per Jumper Per Day

**NCTS OUTDOOR REC HAS MOVED
to NCTS SPORTS CENTER
CNM REC 'N CREW
564-1826/687-4725
NCTS OUTDOOR REC
355-5623/5534**

BOONIE STOMPS

07 Jan - Around the Island Trip (E)
(\$5.00 Adult, \$3.00 Child)

11 Jan - Fonte Dam in Nimitz (EM)

21 Jan - Lower Sigua Falls (MD)

28 Jan - Double Reef Beach & Tweed's Cave (MD)



WATER ACTIVITIES

14 Jan - Jeff's Pirates Cove in Ipan Talofofo (MD)

18 Jan - Agana Boat Basin to Hospital Pt. Cliff (MD)

24 Jan - Merizo Pier to Cocos Island & back (VD)



LEGEND

E - Easy

M - Moderate

D - Difficult

EH - Experienced Hikers

EM - Easy to Moderate

MD - Moderate to Difficult

VD - Very Difficult

Boonie Stomps are \$5.00 Adult, \$3.00 child (5-17), children 4 & below Free. All children must be accompanied by an adult. All patrons are required to show up for payment and waiver signature 15 minutes prior to departure. Tours depart at 0900. Deadline to sign up is at 1630 one day prior to the event. Tours include 1-2 bottles per person. Bring your own lunch, snacks, etc...

Kayak Trips - Weekend kayak trips are \$15.00/single kayak, \$25.00/double kayak, includes lunch & drinks. Wednesday kayak trips are \$8.00/single, \$12.00/double (does not include lunch or drinks.) Tours depart from Rec 'N Crew or Outdoor Rec at 0900. Events are subject to change or cancellation due to weather conditions or circumstances beyond our control.

All activities require a minimum of 4 patrons to go or they may be subject to cancellation.



- 02 Jan - Friday 6 Hour Night Out. 1900-0100. Group will decide where to go. Free transportation.
- 03 Jan - Saturday 6 Hour Night Out. 2000-0200. Group will decide where to go. Free transportation.
Seawalker Tour. \$25.00 per person includes underwater helmet tour, snorkeling and kayaking. Sign up deadline is 1200, 02 January.
- 04 Jan - Drag Race at Yigo Raceway Park. 1200-1800. \$5.00 per person. \$7.00 per person for Pit Pass to check out the vehicles. Bring your beach chairs and umbrellas!
IRUKA Dolphin Watch & Snorkel Tour. \$35.00 per person includes boat ride to dolphin area, snorkel gear and juices. Free transportation.
- 07 Jan - Trip to Chamorro Village. 1800-2200.
- 08 Jan - Ping Pong Tourney & Potluck BBQ at Naval Hospital Barracks 15. 1700-2100.
- 09 Jan - GPO Movie and Shopping Night Out. 1800-2400. Free transportation.
- 10 Jan - Tarza Water Park. 1000-1700. Get your discounted tickets at Rec 'N Crew for only \$20.00 and includes lunch. Free transportation.
- 11 Jan - Shopping Day. 1100-1600. Free transportation to Micronesia Mall, Guam Premier Outlets & KMart.
- 14 Jan - Dinner Night Out. 1800-2200. Group will decide where to eat. Free transportation.
- 15 Jan - Mongolian BBQ at Top o' the Mar. 1800-2200. Free transportation.
FREE Movie at the CNM Big Screen Theater. 1900-2100. Free movie does not include food and drinks. Free transportation.
- 16 Jan - Friday 6 Hour Night Out. 1900-0100. Group will decide where to go. Free transportation.
- 17 Jan - Island Girl Fishing Charter. 3 Trips to choose from. 0600-1000, 1000-1400 & 1400-1800. Sign up deadline is 1200, 15 January. Trips are subject to cancellation. Call for more information.
Saturday 6 Hour Night Out. 2000-0200. Group will decide where to go. Free transportation.
- 18 Jan - MWR X-Sports Paintball Day. \$25.00 per person includes gun, mask, CO2 and 100 rounds of paint. Free transportation. Call for more information.
Drag Race at Yigo Raceway Park. 1200-1800. \$5.00 per person. \$7.00 per person for Pit Pass to check out the vehicles. Bring your beach chairs and umbrellas!
- 21 Jan - Trip to Chamorro Village. 1800-2200.
- 22 Jan - Mongolian BBQ at Top o' the Mar. 1800-2200. Free transportation.
FREE Movie at the CNM Big Screen Theater. 1900-2100. Free movie does not include food and drinks. Free transportation.
- 23 Jan - Micronesia Mall Movie & Shopping Trip. 1800-2400. Free transportation.
- 24 Jan - Onward Water Park. 0930-1730. \$20.00 (does not include lunch). Free transportation.
- 25 Jan - Around the Island Trip. 1000-1600. Free transportation.
Shopping Day. 1100-1600. Free transportation to Micronesia Mall, Guam Premier Outlets & KMart.
- 28 Jan - Dinner Night Out. 1800-2200. Group will decide where to eat. Free transportation.
- 29 Jan - Mongolian BBQ at Top o' the Mar. 1800-2200. Free transportation.
FREE Movie at the CNM Big Screen Theater. 1900-2100. Free movie does not include food and drinks. Free transportation.
- 30 Jan - Friday 6 Hour Night Out. 1900-0100. Group will decide where to go. Free transportation.
- 31 Jan - Saturday 6 Hour Night Out. 2000-0200. Group will decide where to go. Free transportation.
Island Girl Fishing Charter. 3 Trips to choose from. 0600-1000, 1000-1400 & 1400-1800. Sign up deadline is 1200, 15 January. Trips are subject to cancellation. Call for more information.

LIBERTY Program is STRICTLY for Single Sailors and Geographical Bachelors. We will provide free transportation for scheduled events listed above. Patrons must call for transportation. Trips require a minimum of 4 patrons to go. Subject to cancellation if minimum requirement is not met. Sign up deadline for each trip is at 1600 the day prior to the scheduled trip, unless otherwise stated. For questions please call 564-1826 or 687-4725 or email at n10.munat@guam.navy.mil.





SPORTS & FITNESS



New Year's Day 5K Run

- * Run will start at CNM CKG and all participants must report there. 1730 Show, 1800 Go.
- * Divisions: Group (Min. 2, Max. 5) and Individual
- * Open to all authorized patrons
- * Shirts for the first 100 participants.
- * Prizes for top group and overall individual finisher.
- * For more information call any Navy Gym.

Annual Punt, Pass and Kick

January 31, 2004, CNM Blue Jacket Field

Register at 0830, Start at 0900

Divisions: Male & Female (17 yrs & up), Teen (13-16 yrs),
Pre-Teen (10-12 yrs), Youth (7-9 yrs)

Open to all authorized patrons

Individual prizes for top finisher in each division

For more information call any Navy Gym

Good Luck To All Participants!

Admiral's Cup Happenings

- Basketball Team Rosters due COB 6 January 04
- Golf Team Rosters due COB 9 January 04
- Racquetball sign-ups begin 12 January 04
Deadline for sign-ups COB 30 January 04
- Swim Meet 24 January 04, Naval Hospital Pool
Registration is at 0800, Swim Meet begins at 0830
- FMI please call any Navy Gym.

Self Serve Aerobics

Do your aerobics' routine at your own time and pace.
A variety of aerobic tapes are available at NCTS Gym -
check one out, plug it in the TV and start working out!

NEW! All patrons participating in MWR's Run, Walk, Swim for Life Program will be granted double the miles towards the program for participating in our Monthly 5K Fun Runs. Good Luck To All Participants and Happy New Year!

MONTHLY FUN RUNS

CNM CHARLES KING GYM

Monthly 5K Fitness Run

9 January 04

Show: 0600

Go: 0615

FMI Call 564-1824/25

NH BODYWORKS FITNESS CENTER

2.1 Mile Hospital Fitness Run

2 January 04

Show: 0600

Go: 0615

FMI Call 344-9226

NCTS SPORTS CENTER

Monthly 5K Bike/Run

16 January 04

Show: 0600

Go: 0615

FMI Call 355-5623

**MWR Aerobics Schedule
available at any Navy Gym.**

VOLLEYBALL DAY

Every Thursday
Call us for more information

564-1824/5





Navy Youth Programs

CNM 564-1838/39

SOUTH FINEGAYAN 637-2730



Youth Programs Children's Christmas Party December 2003

CALLING ALL TEENS!!

Teen Meeting

January 9, 2004 From 1800-2000

- * CNM Teen Center Bldg 1983-A
- * Pizza, Drinks & Prizes!
- * Authorized Patrons Ages 13-18 (enrolled in school)

Join us and find out what we have in store for you!

Teen Center
NOW
OPEN!

Teen Center Hours of Operation

Monday - Thursday 1500-1800
Friday 1500-2000
Saturday 1300-2000
Sunday Closed

Chill with your
friends & have
some fun!

O'HANA ME KE ALOHA Hula Classes

Mondays & Thursdays 1800-1930
CNM Youth Center
\$35.00 First Child, \$30.00 Additional Child
Call us for more information.

Dance & Tumbling Classes

Tuesdays or Thursdays (classes once a week)
Open to authorized patrons ages 3 & above.
\$35.00 - 4 week class, \$43.75 - 5 week class.
Call for age categories, times & registration.

Beehive

Camp Covington 339-6001 or 564-1833/34

HOURS OF OPERATION

Friday 1700-2300

Saturday 1700-2400

Join us every Friday & Saturday
for a cold beverage &
a game of pool!

SEE YOU AT THE BEEHIVE!

**FEATURING
POOL TABLES**

**STRIKE
ZONE**

LIGHTNING LANES

NCTS 355-5273

Now Offering Lightning Lunch for \$5.00

A Daily Lunch Feature

Monday-Friday 1100-1300

Eat it there or call 355-5273 for pick up orders.

LIGHTNING LUNCH features popular island dishes such as
Chicken Adobo, Chicken Stir Fry and Salisbury Steak.

Each day will feature a different dish.

Call the Lightning Lunch Hotline at

355-5273 for the day's feature!

BOWLING is available on a special request basis only
for group reservations. Perfect for birthday parties
and other special occasions. For more information
please call Alex at 472-4606/7

Monday-Friday or Lightning Lanes at 355-5273
during hours of operation.

AUTO HOBBY SHOPS



FREE INSTRUCTION CLASS
"How To Do A Small Tune-up"
January 12, 2004 at 1830
CNM Auto Hobby Shop
For more information call
564-1827.

Service Bay Reservations

Reservations must be made in person.
Sorry, no reservations can be made over
the phone. Please call us for more info.
CNM 564-1827 or NCTS 355-5527

CNM HOURS: MON, THU & FRI 1200-2200
SAT & SUN 0900-1700

SWIMMING POOLS

WATER AEROBICS at ComNavMar Swimming Pool

Authorized Patrons
can now enjoy the low-impact workout of
Water Aerobics
Tuesday, Wednesday & Thursday
0930-1030 & 1700-1800 &
Friday 0930-1030
\$2.00 per patron
Free for Active Duty
(upon verification of proper I.D.)

GAB GAB & SAN LUIS BEACH

Lifeguards ON DUTY
7 DAYS A WEEK from 1000-1800

TO OUR SPONSORS...

We would like to express our sincere appreciation to all the businesses who supported our MWR programs and events during the months of November and December.



Hotel Santa Fe, Holiday Plaza,
Garden Villa, Guam Hotel Okura



X-SPORTS

Paintball Field



Have you ever wanted to try an extreme sport? Well, here's your opportunity!

- * Saturdays & Sundays from 1000-1800
- * Located behind CNM Sampson Softball Field just before Orote Pt. BOQ
- * Open to authorized patrons ages 12 & older
- * \$25.00 includes use of field, a marker, 100 rounds of paintballs, safety gear and a CO2 Tank.
- * \$10.00 Fee will be charged to patrons desiring to utilize their personal equipment.
- * For more information call 475-0589 or 888-5771.

NO
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ZONE

NO
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U.S. Naval Forces Marianas
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FPO AP 96540**

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